



Promoting Learning through Active Youth

## **COOK UP A RECIPE!**

### **KENSTON'S PLAY BLUE FUTURE CHEFS COOKING CONTEST**

**Calling all future chefs of Kenston in kindergarten through 5<sup>th</sup> grade!!**

**PLAY BLUE** is the district's health and wellness initiative, and nutrition is a key ingredient. Here's a chance for the kids to demonstrate their knowledge of healthy eating by submitting their recipe for a favorite healthy snack.

**WHAT:** Recipe contest, theme is "snack" (see reverse for entry form)

**WHO:** Any KIS or TES student (categories split K-2 and 3-5)

**WHEN:** Submit recipe by Friday 3/6. Six finalists will be determined on 3/11. Top three students in each of the age categories (K-2, 3-5) will participate in a cooking contest on 3/16

**Final judging will be based on the following criteria:**

- \* Healthy approach
- \* Taste
- \* Presentation
- \* Originality
- \* Use of bonus ingredients as selected by Sodexo National Contest 2015

Apples, Baked Chips, Cream of Tomato Soup, Pineapple, Tortillas, Turkey, Yogurt & Whole Grain Cereal.

**Finalists to participate on Monday, March 16<sup>th</sup>, 5pm-7pm at Timmons cafeteria. Winners to be named at Kenston Board of Education meeting on 3/16, 6:45pm at Timmons. Future Chefs is sponsored by Sodexo. Winning recipes will be submitted for a national competition!**

View last year's winners at [www.youtube.com/user/SodexoFutureChefs](http://www.youtube.com/user/SodexoFutureChefs)

# KENSTON'S PLAY BLUE FUTURE CHEFS COOKING CONTEST

## Recipe Entry Form ~**Healthy Snack**~

Open to all KIS/TES Students

My Name	
My School	
My Grade	
My Teacher's Name	

Return to school by Friday, March 6, 2015

My recipe is called:\_\_\_\_\_

List all ingredients and exact amounts of the ingredients here or in attached sheet:

List the "Method", or exactly how to make this dish. Use this sheet or attach another if needed.

### Tips to be a Finalist in this Year's Future Chefs Competition

Have your eye on the prize? Here are some tips that may help! Additional questions, please direct to Sharon Henry, Kenston Food Services Director at [Sharon.henry@kenstonapps.org](mailto:Sharon.henry@kenstonapps.org).

1. Be original. You don't have to be like everyone else. Trail mix is great, but put a twist on it.
2. Be creative. A student once submitted a recipe for "dill cookies!" Sounds terrible, but they were actually great! Don't TRY to be too strange, but we love to see recipes that are different!
3. Don't do recipes that are too easy or too complicated.
4. This doesn't have to be your own, original recipe. You can get them off the Internet or anywhere, but try to alter it slightly to make it your own!
5. SORRY, only ONE person can make each recipe at the competition.
6. We are looking for healthy snacks or healthy dessert recipes, so try to avoid recipes with a lot of sugar or fat in them.
7. YOU (not your parent) will be making the recipe in the final competition. Your parent will not be allowed in kitchen during certain portions of the competition.